

# HECAT: Module PA

## PHYSICAL ACTIVITY CURRICULUM

**Description:** This module contains the tools to analyze and score health education curricula intended to promote physical activity.

### Healthy Behavior Outcomes

**A pre-K–12 physical activity curriculum should enable students to**

- Engage in moderate to vigorous physical activity for at least 60 minutes every day.
- Regularly engage in physical activities that enhance cardio-respiratory endurance, flexibility, muscle endurance, and muscle strength.
- Engage in warm-up and cool-down activities before and after exercise.
- Drink plenty of water before, during, and after physical activity.
- Avoid injury during physical activity.

This module uses the *National Health Education Standards* as the framework for determining the extent to which the curriculum is likely to enable students to master the essential knowledge (Standard 1) and skills (Standards 2–8) that promote physical activity.

The concepts and skill examples included in this module were developed through a rigorous process guided by research evidence and expert opinion on the types of concepts, skills, and learning experiences that help students in grades pre-K–12 adopt and maintain a physically active lifestyle. Appendix 4 also includes suggested concepts and skills for children ages 3–4, who might be enrolled in a school-based early childhood program.

Because school curricula must meet local community needs and conform to the curriculum requirements of the state or school district, users are encouraged to review the analysis items before analyzing curricula and to add, delete, or revise them to meet local needs and requirements.

Some concepts and skill examples are relevant to more than one health topic. Examine or review

other health topic modules to see if there are any related concepts or skill examples that might be added for the review of physical activity curricula.

If a curriculum focuses on additional topics, such as healthy eating or tobacco use, use the chapters that address those topics as well. This module is not intended to analyze physical education curricula. Use CDC's *Physical Education Curriculum Analysis Tool (PECAT)* if reviewing a physical education curriculum.<sup>1</sup>

### **Overall Instructions**

- Determine the desired Healthy Behavior Outcomes (box on left) that you expect a curriculum to address.
- Review the HECAT items in this module. Add, delete, or revise items to meet community needs or to conform to the curriculum requirements of the state or school district and meet the identified healthy behavior outcomes.
- Review the completed *General Curriculum Information* (Chapter 2) for the curriculum under consideration.
- Read the curriculum to become familiar with its content and how it is organized.
- Complete the analysis items for each standard in this module.
- Score the curriculum based on the analysis: There will be **one** rating score for functional knowledge or concepts (Standard 1) and **two** rating scores for each of the skills (Standards 2–8).
- Transfer scores from the analysis of each standard to the *Overall Summary Form* (Chapter 3).
- Complete a separate analysis for each curriculum being reviewed. Make additional copies of any analysis pages.
- Keep all written notes and comments to justify scores and to inform group discussions and curriculum decisions.

<sup>1</sup> CDC's *Physical Education Curriculum Analysis Tool (PECAT)* is available at [www.cdc.gov/HealthyYouth/physicalactivity](http://www.cdc.gov/HealthyYouth/physicalactivity).

**Standard 1**

The Standard 1 curriculum analysis will result in a single score that reflects the extent to which the curriculum addresses the knowledge required to achieve the selected physical activity healthy behavior outcomes (PA-1). This module lists the essential concepts to be completed by grades 2, 5, 8, and 12. These are listed by grade group: pre-K–2; 3–5; 6–8; and 9–12, starting on page PA-3.

**Directions for Standard 1**

- Review the concepts (PA-3 through PA-9).
- Decide if any of the concepts need to be deleted or modified or if any additional concepts should be added to meet the needs of the community or to conform to the curriculum requirements of the state or school district. Some concepts may be included in the skill examples in Standards 2–8. Review all other standards before making changes to the concepts in Standard 1. Some relevant concepts might be found in other health topic modules. Look in other related topic modules for concepts that might be added or edited to apply to the review of a physical activity curriculum.
- Read the curriculum to become familiar with its content, the information provided for students, and the methods used to convey information and knowledge content.
- Place a check in the box next to each concept that is addressed by the curriculum and complete the *Concept Coverage Score*. (A concept is “addressed” if there is sufficient information provided in the curriculum for students to be able to demonstrate competency in this concept. Some concepts might require more evidence than others.)
- Transfer the *Concept Coverage Score* to the appropriate line on the *Overall Summary Form* (Chapter 3).
- Record notes to justify scores and to inform group discussions and curriculum decisions.
- Analyze Standard 1 for each curriculum being reviewed. If the curriculum addresses more than one grade group, complete a separate analysis of Standard 1 for each group.
- Complete a separate *Overall Summary Form* for each curriculum and grade group.

**Directions for Standards 2–8 are provided on page PA-10.**

Standard **1** Students will comprehend concepts related to health promotion and disease prevention.

**After implementation of this curriculum, by grade 2, students will be able to:**

**PHYSICAL ACTIVITY** (Check all that are given attention in the curriculum)

- ☐ Describe the recommended amount of physical activity for children.
- ☐ Explain ways to be active everyday.
- ☐ Describe behaviors that are physically active and physically inactive.
- ☐ Describe the benefits of being physically active.

**Additional Concepts**

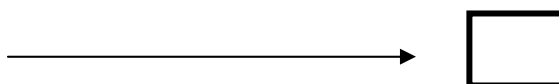
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**CONCEPT COVERAGE SCORING:** Complete the score based on the criteria listed below.

**The curriculum addresses:**

- 4 = all of the concepts.** (100%)
- 3 = most of the concepts.** (67-99%)
- 2 = some of the concepts.** (34-66%)
- 1 = a few of the concepts.** (1-33%)
- 0 = none of the concepts.** (0)

**CONCEPT COVERAGE SCORE**



TRANSFER THIS SCORE TO THE HEALTH INFORMATION/CONCEPTS  
LINE OF THE **OVERALL SUMMARY FORM (CHAP. 3)**.

**Reminder:** The HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise concepts to reflect community needs and to meet the curriculum requirements of the school district.

Standard **1** Students will comprehend concepts related to health promotion and disease prevention.

**After implementation of this curriculum, by grade 5, students will be able to:**

**PHYSICAL ACTIVITY** (Check all that are given attention in the curriculum)

- ☐ Summarize the recommended amount of physical activity for children.
- ☐ Describe the importance of choosing a variety of ways to be physically active.
- ☐ Identify short-term and long-term benefits of moderate and vigorous physical activity, such as improving cardiovascular health, strength, endurance, and flexibility and reducing the risks for chronic diseases.
- ☐ Describe that both eating habits and level of physical activity can affect a person's weight.
- ☐ Identify ways to increase daily physical activity.
- ☐ Identify behaviors that contribute to maintaining a healthy weight.
- ☐ Identify safety precautions for physical activities in different kinds of weather and climates.
- ☐ Identify basic safety precautions to help prevent injury during physical activity.
- ☐ Discuss the benefits of drinking water before, during, and after physical activity.
- ☐ Describe how to ride a bike, skateboard, scooter, and inline skate safely.
- ☐ Identify personal protection equipment needed for sports and recreational activities, such as mouthpieces, pads, and helmets.

**Additional Concepts**

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**CONCEPT COVERAGE SCORING:** Complete the score based on the criteria listed below.

**The curriculum addresses:**

- 4 = all of the concepts.** (100%)
- 3 = most of the concepts.** (67-99%)
- 2 = some of the concepts.** (34-66%)
- 1 = a few of the concepts.** (1-33%)
- 0 = none of the concepts.** (0)

**CONCEPT COVERAGE SCORE**

TRANSFER THIS SCORE TO THE HEALTH INFORMATION/CONCEPTS  
LINE OF THE **OVERALL SUMMARY FORM (CHAP. 3).**

**Reminder:** The HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise concepts to reflect community needs and to meet the curriculum requirements of the school district.

**Notes**

Standard **1** Students will comprehend concepts related to health promotion and disease prevention.

**After implementation of this curriculum, by grade 8, students will be able to:**

**PHYSICAL ACTIVITY (Check all that are given attention in the curriculum)**

- ☐ Explain that incorporating daily moderate or vigorous physical activity into one's life does not require a structured exercise plan or special exercise equipment.
- ☐ Differentiate between physical activity, exercise, health-related fitness, and skill-related fitness.
- ☐ Analyze the short-term and long-term physical benefits of moderate and vigorous physical activity, including improving cardiovascular health, strength, endurance, and flexibility and reducing the risks for chronic diseases.
- ☐ Analyze the mental and social benefits of physical activity.
- ☐ Describe the recommended amounts and types of moderate and vigorous physical activity for adolescents and adults.
- ☐ Identify ways to increase daily physical activity and decrease inactivity.
- ☐ Summarize how physical activity and eating habits can contribute to maintaining a healthy body weight.
- ☐ Describe physical activities that contribute to maintaining or improving the components of health-related fitness, such as cardiorespiratory fitness, muscular strength, endurance, flexibility, and body composition.
- ☐ Summarize the benefits of drinking water before, during, and after physical activity.
- ☐ Discuss climate-related physical conditions that affect physical activity, such as heat exhaustion, sunburn, heat stroke, and hypothermia.
- ☐ Discuss how an inactive lifestyle contributes to chronic disease.
- ☐ Explain the importance of warming up before and cooling down after physical activity.

**Physical Activity, Grades 6-8 continued on next page**

**Reminder:** The HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise concepts to reflect community needs and to meet the curriculum requirements of the school district.

Standard **1** Students will comprehend concepts related to health promotion and disease prevention.

**After implementation of this curriculum, by grade 8, students will be able to:**

**PHYSICAL ACTIVITY** (Check all that are given attention in the curriculum)

- ☐ Describe how using tobacco could hurt one's goals for physical fitness and athletic performance.
- ☐ Describe the health risks of using performance-enhancing drugs.
- ☐ Identify healthy and risky approaches to weight management.
- ☐ Describe the use of safety equipment for specific physical activities.
- ☐ Describe ways to reduce risk of injuries from participation in sports and other physical activities.
- ☐ Summarize how to safely ride a bike and scooter, and use a skateboard or inline skates.
- ☐ Analyze the importance of using helmets and other safety gear for biking, riding a scooter, skateboarding, and inline skating.

**Additional Concepts**

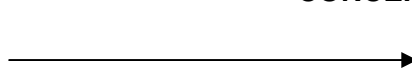
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**CONCEPT COVERAGE SCORING:** Complete the score based on the criteria listed below.

The curriculum addresses:

- 4 = all of the concepts.** (100%)
- 3 = most of the concepts.** (67-99%)
- 2 = some of the concepts.** (34-66%)
- 1 = a few of the concepts.** (1-33%)
- 0 = none of the concepts.** (0%)

**CONCEPT COVERAGE SCORE**




TRANSFER THIS SCORE TO THE HEALTH INFORMATION/CONCEPTS  
LINE OF THE *OVERALL SUMMARY FORM* (CHAP. 3).

**Reminder:** The HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise concepts to reflect community needs and to meet the curriculum requirements of the school district.

Standard **1** Students will comprehend concepts related to health promotion and disease prevention.

**After implementation of this curriculum, by grade 12, students will be able to:**

**PHYSICAL ACTIVITY** (Check all that are given attention in the curriculum)

- ☐ Summarize how a person can incorporate daily moderate or vigorous physical activity into their life without relying on a structured exercise plan or special exercise equipment.
- ☐ Evaluate the short-term and long-term physical benefits of moderate and vigorous physical activity, including improving cardiovascular health, strength, endurance, and flexibility and reducing the risks for chronic diseases.
- ☐ Discuss ways to increase physical activity and decrease inactivity.
- ☐ Summarize the mental and social benefits of physical activity.
- ☐ Analyze how an inactive lifestyle contributes to chronic diseases.
- ☐ Summarize recommended amounts and types of physical activity for adolescents and adults.
- ☐ Compare and contrast various sports and physical activities in terms of health- and skill-related fitness.
- ☐ Summarize physical activities that contribute to maintaining or improving the components of health-related fitness, such as cardiorespiratory fitness, muscular strength, endurance, flexibility, and body composition.
- ☐ Describe effects of hydration and dehydration on physical performance.
- ☐ Discuss methods for avoiding and responding to climate-related physical conditions during physical activity.

**Physical Activity, Grades 9-12 continued on next page**

**Reminder:** The HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise concepts to reflect community needs and to meet the curriculum requirements of the school district.



Standard **1** Students will comprehend concepts related to health promotion and disease prevention.

**After implementation of this curriculum, by grade 12, students will be able to:**

**PHYSICAL ACTIVITY** (Check all that are given attention in the curriculum)

- ☐ Discuss the dangers and legal issues related to using performance-enhancing drugs.
- ☐ Analyze the harmful effects of using weight loss pills and anabolic steroids.
- ☐ Describe the importance of a healthy diet and physical activity in maintaining healthy weight.
- ☐ Summarize healthy and risky approaches to weight management.
- ☐ Explain ways to reduce the risk of injuries from participation in sports and other physical activities.
- ☐ Determine the necessary protective gear for biking, motorcycling, snowmobiling, inline skating, riding a scooter, and skateboarding.
- ☐ Describe the use of safety equipment for specific physical activities.
- ☐ Summarize the importance of warming up before and cooling down after physical activity.

**Additional Concepts**

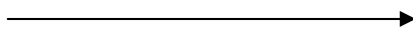
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**CONCEPT COVERAGE SCORING:** Complete the score based on the criteria listed below.

**The curriculum addresses:**

- 4 = all of the concepts.** (100%)
- 3 = most of the concepts.** (67-99%)
- 2 = some of the concepts.** (34-66%)
- 1 = a few of the concepts.** (1-33%)
- 0 = none of the concepts.** (0%)

**CONCEPT COVERAGE SCORE**




**TRANSFER THIS SCORE TO THE HEALTH INFORMATION/CONCEPTS LINE OF THE *OVERALL SUMMARY FORM* (CHAP. 3).**

**Reminder:** The HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise concepts to reflect community needs and to meet the curriculum requirements of the school district.

## Standards 2–8

The Standards 2–8 analysis will result in **two** ratings for each standard: one rating reflects the extent to which the curriculum provides the student with the ability to learn and apply the skill; the second reflects the extent to which the curriculum provides the teacher with guidance to instruct and assess the skill.

The *National Health Education Standards* 2–8 describe the key processes and skills that students need to promote personal, family and community health. CDC reviewed these and other state-level standards, analyzed the research findings from effective programs, and used input from experts in health education to broaden the list of subskills that are important for each standard. A list of these subskills is provided on the next page (PA-11).

Following each score page is a list of examples that explain how the skill and sub-skills may be accomplished by students by grades 2, 5, 8, and 12. These examples can help identify skills that are relevant to physical activity. They are not intended to be a comprehensive list of all the skills to be taught and should be reviewed carefully before the curriculum analysis and revised if necessary. Some skill examples in other health topic modules might be relevant. Review other related health topic modules for skill examples that might be added or edited to apply to the review of physical activity curricula.

Remember, the HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise items to reflect community needs and meet the curriculum requirements of the school district.

## Directions for Standards 2–8

- For each standard, review the list of examples for each grade group. Decide if any of the skill examples should be deleted or modified to meet the needs of the community or conform to the curriculum requirements of the state or school district. Additional skill examples could be included under other standards. Review all standards before making any changes.
- Read the curriculum to become familiar with the content, the focus on skill learning, and the methods used to convey skill learning.
- Complete the *Student Skill Learning and Application Score* and *Teacher Instruction and Assessment Score* by checking “yes” or “no” for each statement as it applies to the curriculum under review. Use the skill examples to help identify relevant skill outcomes.
- Add the total number of “yes” checks to arrive at an overall score for each scoring area. Transfer the two scores for each standard to the appropriate lines on the *Overall Summary Form* (Chapter 3).
- Record notes to justify scores and inform group discussions and decisions.
- Analyze Standards 2–8 for each curriculum being reviewed. If the curriculum addresses more than one grade group, complete a separate set of skill scores for each standard and each group.
- Complete a separate *Overall Summary Form* for each curriculum and grade group.

**Sub-skills for Standards 2–8**

**St. 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.** Students will be able to

- Analyze the influence of the media on personal health practices.
- Analyze parent and family influence on personal health practices.
- Analyze peer influence on personal health practices.
- Analyze community influence on personal health practices.
- Analyze the influence of cultural and peer norms on personal health practices.
- Analyze the influence of personal values and beliefs on personal health practices.
- Analyze the influence of alcohol and other drug use on judgment, self-control, and behavior.

**St. 3: Students will demonstrate the ability to access valid health information and products and services to enhance health.** Students will be able to

- Differentiate accurate from inaccurate health information.
- Select valid and reliable products and services.
- Access valid and reliable products and services that promote health.
- Access helpful people for accurate information.
- Identify trusted adults and professionals.
- Assess the accuracy and reliability of assistance for health-related problems.

**St. 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health.** Students will be able to

- Use effective interpersonal skills with family, friends, and others.
- Resist pressure from peers to engage in unhealthy behaviors.
- Communicate empathy and support for others.
- Effectively manage interpersonal conflicts.
- Ask for assistance to enhance personal health and health of others.

**St. 5: Students will demonstrate the ability to use decision-making skills to enhance health.**

Students will be able to

- Determine when health-related situations require the application of a thoughtful decision-making process.
- Generate alternatives to health-related issues or problems.
- Determine barriers that can hinder healthy decision making.
- Predict the short and long-term consequences of each alternative on self and others.
- Choose healthy alternatives over unhealthy alternatives.
- Evaluate the outcomes of a health-related decision.

**St. 6: Students will demonstrate the ability to use goal-setting skills to enhance health.**

Students will be able to

- Assess personal health practices and status.
- Develop a goal to adopt, maintain, or improve a personal health practice.
- Plan strategies for practicing health-enhancing practices.
- Make a commitment to improve health.
- Overcome barriers to action.
- Monitor progress in achieving desired health practices and outcomes.
- Measure accomplishment in meeting health outcomes.

**St. 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.** Students will be able to

- Express intentions to engage in health-enhancing behaviors.
- Perform healthy practices.
- Take responsibility for personal health.

**St. 8: Students will demonstrate the ability to advocate for personal, family, and community health.** Students will be able to

- Declare positive beliefs about health-enhancing practices.
- Educate others about health-enhancing practices.
- Influence positive health practices of others.
- Promote societal norms that are health-enhancing.
- Provide support for others.

Standard **2** Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

**Student Skill Learning and Application Scoring:** Complete the skill application score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -13 for Standard 2 skill examples.

Criteria	Yes	No
1. Does the curriculum provide information to the students about the skills needed to meet this standard?		
2. Does the curriculum provide one opportunity or activity for students to practice the skills needed to meet this standard?		
3. Does the curriculum provide more than one opportunity or activity for students to practice the skills needed to meet this standard? (If yes, also check yes for #2 above.)		
4. Does the curriculum provide opportunities for students to assess their own skill progress, such as personal check lists?		

**Student Skill Learning and Application Score (total number of “yes” checks)**

Transfer this score to Standard 2: Analyzing Influences (see Student Learning/Application line) on the *Overall Summary Form* –Chap. 3.

**Teacher Instruction and Skill Assessment Scoring:** Complete the skill instruction and assessment score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -13 for Standard 2 skill examples.

Criteria	Yes	No
1. Does the curriculum provide guidance to help the teacher understand the steps required to learn and teach the skill?		
2. Does the curriculum provide guidance for the teacher to model the skill?		
3. Does the curriculum provide strategies for the teacher to assess the student’s ability to perform the skill?		
4. Are clear assessment standards provided for the teachers, such as a rubric or check sheet that explains the criteria that need to be met to demonstrate the skill?		

**Teacher Instruction and Assessment Score (total number of “yes” checks)**

Transfer this score to Standard 2: Analyzing Influences (see Teacher Instruction/Assessment line) on the *Overall Summary Form* - Chap. 3.

**Notes:**

# Standard **2** Skill Examples

**After implementing this curriculum, students will be able to analyze the influence of family, peers, culture, media, technology, and other factors on physical activity.**

**Skill Examples:** Below are examples that illustrate how a curriculum might address this standard. These examples are not intended to be a comprehensive list of all the skills to be taught. Remember, the HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise skill examples to reflect community needs and to conform to the curriculum requirements of the school district.

Grades Pre-K–2	Grades 3–5	Grades 6–8	Grades 9–12
<ul style="list-style-type: none"> <li>• Explain how television viewing can decrease an individual's level of physical activity.</li> <li>• Describe how peers can help an individual be physically active.</li> <li>• Describe activities an individual's family can do that would increase physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Describe factors that influence a person to be physically active or inactive.</li> <li>• Describe how television, computer, and video games can influence an individual's level of physical activity.</li> <li>• Describe how family and cultural traditions influence physical activity.</li> <li>• Describe how peers can influence physical activity.</li> <li>• Identify strategies used in the media to influence the selection of products related to physical activity, such as sport shoes and equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Describe how personal and family values influence decisions about physical activity.</li> <li>• Discuss the influence of television, computers, and video games on physical activity behavior.</li> <li>• Discuss the influence of the physical environment on a person's interest in and ability to be physically active.</li> <li>• Discuss how cultural traditions influence physical activity.</li> <li>• Analyze how peers and family can influence a person's physical activity level.</li> <li>• Analyze how media can influence decisions to be physically active.</li> <li>• Demonstrate the influence of media on the selection of physical activity products.</li> <li>• Explain that physical activity does not require the purchase of expensive equipment or gear.</li> </ul>	<ul style="list-style-type: none"> <li>• Describe how personal and family values influence decisions about physical activity.</li> <li>• Describe the usefulness of technology in measuring physical activity, performance and fitness, such as heart rate monitors and pedometers.</li> <li>• Analyze the influence television, computers, and video games on physical activity behavior.</li> <li>• Discuss how the physical environment might influence choices to be physically active.</li> <li>• Analyze how advertising and marketing influence selection of physical activity products and services.</li> <li>• Analyze the influence of media on the selection of products and services related to weight management.</li> <li>• Summarize how cultural traditions influence physical activity.</li> <li>• Summarize how family and peers can influence physical activity.</li> <li>• Analyze how personal economics influence choices of physical activity.</li> </ul>

Standard **3** Students will demonstrate the ability to access valid information and products and services to enhance health.

**Student Skill Learning/Application Scoring:** Complete the skill application score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -15 for Standard 3 skill examples.

Criteria	Yes	No
----------	-----	----

1. Does the curriculum provide information to the students about the skills needed to meet this standard?
2. Does the curriculum provide one opportunity or activity for students to practice the skills needed to meet this standard?
3. Does the curriculum provide more than one opportunity or activity for students to practice the skills needed to meet this standard?  
(If yes, also check yes for #2 above.)
4. Does the curriculum provide opportunities for students to assess their own skill progress, such as personal check lists?

**Student Skill Learning and Application Score (total number of “yes” checks)**

Transfer this score to Standard 3: Accessing Valid Information (see Student Learning/Application line) on the *Overall Summary Form* - Chap. 3.

**Teacher Instruction and Skill Assessment Scoring:** Complete the skill instruction and assessment score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -15 for Standard 3 skill examples.

Criteria	Yes	No
----------	-----	----

1. Does the curriculum provide guidance to help the teacher understand the steps required to learn and teach the skill?
2. Does the curriculum provide guidance for the teacher to model the skill?
3. Does the curriculum provide strategies for the teacher to assess the student’s ability to perform the skill?
4. Are clear assessment standards provided for the teachers, such as a rubric or check sheet that explains the criteria that need to be met to demonstrate the skill?

**Teacher Instruction and Assessment Score (total number of “yes” checks)**

Transfer this score to Standard 3: Accessing Valid Information (see Teacher Instruction/Assessment line) on the *Overall Summary Form*- Chap. 3.

**Notes:**

# Standard Skill Examples

**After implementing this curriculum, students will be able to demonstrate the ability to access valid information, products, and services to establish and maintain a physically active lifestyle.**

**Skill Examples:** Below are examples that illustrate how a curriculum might address this standard. These examples are not intended to be a comprehensive list of all the skills to be taught. Remember, the HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise skill examples to reflect community needs and to conform to the curriculum requirements of the school district.

Grades Pre-K–2	Grades 3–5	Grades 6–8	Grades 9–12
<ul style="list-style-type: none"> <li>Identify people who can provide accurate information about physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>Identify reliable sources of information about physical activity.</li> <li>Demonstrate the ability to access accurate information about physical activity.</li> <li>Identify places where young people and families can be physically active.</li> <li>Identify places to get physical activity equipment.</li> </ul>	<ul style="list-style-type: none"> <li>Summarize reliable sources of information about physical activity.</li> <li>Demonstrate the ability to access accurate sources of information about physical activity and fitness planning.</li> <li>Evaluate the accuracy of fitness-related information.</li> <li>Analyze places where youth and families can be physically active.</li> <li>Locate accurate information about physical activity equipment.</li> <li>Locate sources that encourage youth participation in physical activity.</li> <li>Demonstrate the ability to access sources of accurate information about healthy and safe weight management.</li> <li>Analyze the accuracy of claims of performance enhancing products and supplements.</li> </ul>	<ul style="list-style-type: none"> <li>Analyze reliable sources of information about physical activity.</li> <li>Compare and contrast various sources of information about physical activity.</li> <li>Locate and analyze opportunities for physical activity.</li> <li>Demonstrate the ability to access sources of accurate information about healthy and safe weight management.</li> <li>Analyze claims of performance-enhancing drugs and nutrition supplements on physical activity performance.</li> </ul>

Standard **4** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Student Skill Learning/Application Scoring:** Complete the skill application score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -17 for Standard 4 skill examples.

Criteria	Yes	No
1. Does the curriculum provide information to the students about the skills needed to meet this standard?		
2. Does the curriculum provide one opportunity or activity for students to practice the skills needed to meet this standard?		
3. Does the curriculum provide more than one opportunity or activity for students to practice the skills needed to meet this standard? (If yes, also check yes for #2 above.)		
4. Does the curriculum provide opportunities for students to assess their own skill progress, such as personal check lists?		

**Student Skill Learning and Application Score (total number of “yes” checks)**

Transfer this score to Standard 4: Communication Skills (see Student Learning/Application line) on the *Overall Summary Form* - Chap. 3.

**Teacher Instruction and Skill Assessment Scoring:** Complete the skill instruction and assessment score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -17 for Standard 4 skill examples.

Criteria	Yes	No
1. Does the curriculum provide guidance to help the teacher understand the steps required to learn and teach the skill?		
2. Does the curriculum provide guidance for the teacher to model the skill?		
3. Does the curriculum provide strategies for the teacher to assess the student’s ability to perform the skill?		
4. Are clear assessment standards provided for the teachers, such as a rubric or check sheet that explains the criteria that need to be met to demonstrate the skill?		

**Teacher Instruction and Assessment Score (total number of “yes” checks)**

Transfer this score to Standard 4: Communication Skills (see Teacher Instruction/Assessment line) on the *Overall Summary Form* - Chap. 3.

**Notes:**



# Standard Skill Examples

**After implementing this curriculum, students will be able to use interpersonal communication skills to become more physically active and avoid potentially harmful situations.**

**Skill Examples:** Below are examples that illustrate how a curriculum might address this standard. These examples are not intended to be a comprehensive list of all the skills to be taught. Remember, the HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise skill examples to reflect community needs and to conform to the curriculum requirements of the school district.

Grades Pre-K–2	Grades 3–5	Grades 6–8	Grades 9–12
<ul style="list-style-type: none"> <li>• Demonstrate how to ask for help from trusted adults to improve physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate interpersonal skills for dealing with peer influence to be physically inactive.</li> <li>• Demonstrate effective negotiation skills to avoid unsafe physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate interpersonal skills to help deal with negative peer influences on physical activity.</li> <li>• Demonstrate effective negotiation skills to avoid sedentary leisure activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate interpersonal skills to help deal with negative peer influences on physical activity.</li> <li>• Explain personal plans to become more physically active.</li> </ul>

Standard **5** Students will demonstrate the ability to use decision-making skills to enhance health.

**Student Skill Learning/Application Scoring:** Complete the skill application score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -19 for Standard 5 skill examples.

Criteria	Yes	No
1. Does the curriculum provide information to the students about the skills needed to meet this standard?		
2. Does the curriculum provide one opportunity or activity for students to practice the skills needed to meet this standard?		
3. Does the curriculum provide more than one opportunity or activity for students to practice the skills needed to meet this standard? (If yes, also check yes for #2 above.)		
4. Does the curriculum provide opportunities for students to assess their own skill progress, such as personal check lists?		

**Student Skill Learning and Application Score (total number of “yes” checks)**

Transfer this score to Standard 5: Decision Making (see Student Learning/Application line) on the *Overall Summary Form* - Chap. 3.

**Teacher Instruction and Skill Assessment Scoring:** Complete the skill instruction and assessment score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -19 for Standard 5 skill examples.

Criteria	Yes	No
1. Does the curriculum provide guidance to help the teacher understand the steps required to learn and teach the skill?		
2. Does the curriculum provide guidance for the teacher to model the skill?		
3. Does the curriculum provide strategies for the teacher to assess the student's ability to perform the skill?		
4. Are clear assessment standards provided for the teachers, such as a rubric or check sheet that explains the criteria that need to be met to demonstrate the skill?		

**Teacher Instruction and Assessment Score (total number of “yes” checks)**

Transfer this score to Standard 5: Decision Making (see Teacher Instruction/Assessment line) on the *Overall Summary Form* - Chap. 3.

**Notes:**

# Standard Skill Examples

**After implementing this curriculum, students will be able to demonstrate the ability to use decision-making skills to reduce inactivity and increase physically activity.**

**Skill Examples:** Below are examples that illustrate how a curriculum might address this standard. These examples are not intended to be a comprehensive list of all the skills to be taught. Remember, the HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise skill examples to reflect community needs and to conform to the curriculum requirements of the school district.

Grades Pre-K–2	Grades 3–5	Grades 6–8	Grades 9–12
<ul style="list-style-type: none"> <li>Choose active over inactive behaviors.</li> <li>Identify physically active alternatives to watching television or playing video games.</li> </ul>	<ul style="list-style-type: none"> <li>Choose active over inactive behaviors.</li> <li>Explain positive outcomes for being physically active.</li> <li>Identify physically active alternatives to watching television or playing video games.</li> </ul>	<ul style="list-style-type: none"> <li>Choose active over inactive behaviors.</li> <li>Summarize positive outcomes for being physically active.</li> </ul>	<ul style="list-style-type: none"> <li>Choose active over inactive behaviors.</li> <li>Analyze positive outcomes for being physically active.</li> </ul>

Standard **6** Students will demonstrate the ability to use goal-setting skills to enhance health.

**Student Skill Learning/Application Scoring:** Complete the skill application score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -21 for Standard 6 skill examples.

Criteria	Yes	No
1. Does the curriculum provide information to the students about the skills needed to meet this standard?		
2. Does the curriculum provide one opportunity or activity for students to practice the skills needed to meet this standard?		
3. Does the curriculum provide more than one opportunity or activity for students to practice the skills needed to meet this standard? (If yes, also check yes for #2 above.)		
4. Does the curriculum provide opportunities for students to assess their own skill progress, such as personal check lists?		

**Student Skill Learning and Application Score (total number of “yes” checks)**

Transfer this score to Standard 6: Goal Setting (see Student Learning/Application line) on the *Overall Summary Form* - Chap. 3.

**Teacher Instruction and Skill Assessment Scoring:** Complete the skill instruction and assessment score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -21 for Standard 6 skill examples.

Criteria	Yes	No
1. Does the curriculum provide guidance to help the teacher understand the steps required to learn and teach the skill?		
2. Does the curriculum provide guidance for the teacher to model the skill?		
3. Does the curriculum provide strategies for the teacher to assess the student's ability to perform the skill?		
4. Are clear assessment standards provided for the teachers, such as a rubric or check sheet that explains the criteria that need to be met to demonstrate the skill?		

**Teacher Instruction and Assessment Score (total number of “yes” checks)**

Transfer this score to Standard 6: Goal Setting (see Teacher Instruction/Assessment line) on the *Overall Summary Form* - Chap. 3.

**Notes:**

# Standard Skill Examples

**After implementing this curriculum, students will be able to demonstrate the ability to set personal goals to be physically active, take steps to achieve these goals, and monitor their progress in achieving them.**

**Skill Examples:** Below are examples that illustrate how a curriculum might address this standard. These examples are not intended to be a comprehensive list of all the skills to be taught. Remember, the HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise skill examples to reflect community needs and to conform to the curriculum requirements of the school district.

Grades Pre-K–2	Grades 3–5	Grades 6–8	Grades 9–12
<ul style="list-style-type: none"> <li>Describe how being physically active can help a person feel better.</li> </ul>	<ul style="list-style-type: none"> <li>Explain positive outcomes for being physically active.</li> <li>Set a goal to increase daily physical activity.</li> <li>Identify barriers to being regularly physically active.</li> <li>Describe strategies to overcome barriers to being physically active.</li> <li>Make a personal commitment to be physically active.</li> <li>Make a personal commitment to use appropriate protective gear during physical activity.</li> <li>Monitor progress in attaining a physical activity goal.</li> </ul>	<ul style="list-style-type: none"> <li>Assess personal physical activity level.</li> <li>Set a goal to increase physical activity.</li> <li>Analyze barriers to being regularly physically active.</li> <li>Develop a plan for overcoming barriers to physical activity.</li> <li>Make a personal commitment to be physically active.</li> <li>Monitor progress in attaining a physical activity goal.</li> </ul>	<ul style="list-style-type: none"> <li>Assess personal physical activity level.</li> <li>Set a goal to increase physical activity.</li> <li>Establish an appropriate goal to manage weight.</li> <li>Design a personal plan for increasing or maintaining physical activity at the recommended level and improving physical fitness.</li> <li>Summarize barriers that might be encountered in implementing a personal physical activity plan.</li> <li>Develop strategies for overcoming barriers to achieving a personal physical activity plan.</li> <li>Make a personal commitment to be physically active.</li> <li>Implement a plan for improving personal physical activity.</li> <li>Monitor progress in achieving personal physical activity plans.</li> </ul>

Standard **7** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Student Skill Learning/Application Scoring:** Complete the skill application score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA -23 for Standard 7 skill examples.

Criteria	Yes	No
----------	-----	----

1. Does the curriculum provide information to the students about the skills needed to meet this standard?
2. Does the curriculum provide one opportunity or activity for students to practice the skills needed to meet this standard?
3. Does the curriculum provide more than one opportunity or activity for students to practice the skills needed to meet this standard?  
(If yes, also check yes for #2 above.)
4. Does the curriculum provide opportunities for students to assess their own skill progress, such as personal check lists?

**Student Skill Learning and Application Score (total number of “yes” checks)**

Transfer this score to Standard 7: Practicing Healthy Behaviors (see Student Learning/Application line) on the *Overall Summary Form* - Chap. 3.

**Teacher Instruction and Skill Assessment Scoring:** Complete the skill instruction and assessment score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA-23 for Standard 7 skill examples.

Criteria	Yes	No
----------	-----	----

1. Does the curriculum provide guidance to help the teacher understand the steps required to learn and teach the skill?
2. Does the curriculum provide guidance for the teacher to model the skill?
3. Does the curriculum provide strategies for the teacher to assess the student’s ability to perform the skill?
4. Are clear assessment standards provided for the teachers, such as a rubric or check sheet that explains the criteria that need to be met to demonstrate the skill?

**Teacher Instruction and Assessment Score (total number of “yes” checks)**

Transfer this score to Standard 7: Practicing Healthy Behaviors (see Teacher Instruction/Assessment line) on the *Overall Summary Form* - Chap. 3.

**Notes:**

# Standard 7 Skill Examples

**After implementing this curriculum, students will be able to demonstrate strategies to establish and maintain a physically active lifestyle.**

**Skill Examples:** Below are examples that illustrate how a curriculum might address this standard. These examples are not intended to be a comprehensive list of all the skills to be taught. Remember, the HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise skill examples to reflect community needs and to conform to the curriculum requirements of the school district.

Grades Pre-K–2	Grades 3–5	Grades 6–8	Grades 9–12
<ul style="list-style-type: none"> <li>• Demonstrate ways to be physically active in cooperation with others.</li> <li>• Demonstrate the ability to follow playground rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Express intentions to be physically active regularly.</li> <li>• Express intentions to use protective gear to avoid injuries.</li> <li>• Demonstrate a variety of ways to be physically active.</li> <li>• Demonstrate how to do different types of developmentally appropriate physical activity.</li> <li>• Describe precautions for physical activity in weather and climate conditions such as very high or low temperatures, wet or snowy play surfaces, and direct sunlight.</li> <li>• Demonstrate the correct use of protective equipment during sports and physical activity.</li> <li>• Demonstrate the ability to follow playground safety rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Express intentions to be physically active regularly.</li> <li>• Express intentions to use protective gear to avoid injuries during physical activity.</li> <li>• Demonstrate how to warm up and cool down in order to maximize the benefits of physical activity and minimize injury.</li> <li>• Demonstrate a variety of activities for cardio-respiratory fitness, muscular strength and endurance, and flexibility.</li> <li>• Analyze precautions for physical activity in weather and climate conditions such as very high or low temperatures, wet or snowy play surfaces, and direct sunlight.</li> <li>• Demonstrate the use of safety equipment for physical activity.</li> <li>• Demonstrate how to determine target heart rate.</li> <li>• Demonstrate the proper way to use a variety of safety gear for physical activity.</li> <li>• Demonstrate the use of safety equipment for physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Express intentions to be physically active regularly.</li> <li>• Demonstrate how to warm up and cool down in order to maximize the benefits of physical activity and minimize injury.</li> <li>• Demonstrate the correct use of protective equipment during sports and physical activity.</li> <li>• Demonstrate a variety of activities for cardio-respiratory fitness, muscular strength and endurance, and flexibility.</li> <li>• Demonstrate how to measure target heart rate.</li> </ul>

Standard **8** Students will demonstrate the ability to advocate for personal, family, and community health.

**Student Skill Learning/Application Scoring:** Complete the skill application score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA-25 for Standard 8 skill examples.

Criteria	Yes	No
1. Does the curriculum provide information to the students about the skills needed to meet this standard?		
2. Does the curriculum provide one opportunity or activity for students to practice the skills needed to meet this standard?		
3. Does the curriculum provide more than one opportunity or activity for students to practice the skills needed to meet this standard? (If yes, also check yes for #2 above.)		
4. Does the curriculum provide opportunities for students to assess their own skill progress, such as personal check lists?		

**Student Skill Learning and Application Score (total number of “yes” checks)**

Transfer this score to Standard 8: Advocating for Health (see Student Learning/Application line) on the *Overall Summary Form* - Chap. 3.

**Teacher Instruction and Skill Assessment Scoring:** Complete the skill instruction and assessment score by checking the appropriate “yes” or “no” box for each criteria and summing the “yes” checks. See page PA-25 for Standard 8 skill examples.

Criteria	Yes	No
1. Does the curriculum provide guidance to help the teacher understand the steps required to learn and teach the skill?		
2. Does the curriculum provide guidance for the teacher to model the skill?		
3. Does the curriculum provide strategies for the teacher to assess the student’s ability to perform the skill?		
4. Are clear assessment standards provided for the teachers, such as a rubric or check sheet that explains the criteria that need to be met to demonstrate the skill?		

**Teacher Instruction and Assessment Score (total number of “yes” checks)**

Transfer this score to Standard 8: Advocating for Health (see Teacher Instruction/Assessment line) on the *Overall Summary Form* - Chap. 3.

**Notes:**



# Standard Skill Examples

**After implementing this curriculum, students will be able to demonstrate the ability to influence and support others to make positive choices related to physical activity.**

**Skill Examples:** Below are examples that illustrate how a curriculum might address this standard. These examples are not intended to be a comprehensive list of all the skills to be taught. Remember, the HECAT is designed to guide the analysis of curricula for local use. Users are encouraged to add, delete, or revise skill examples to reflect community needs and to conform to the curriculum requirements of the school district.

Grades Pre-K–2	Grades 3–5	Grades 6–8	Grades 9–12
<ul style="list-style-type: none"> <li>• Ask parents, guardians, and other caretakers to be physically active.</li> <li>• List ways you can help friends become physically active.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain to others what is enjoyable about physical activity.</li> <li>• Encourage parents to provide more opportunities for personal and family physical activity.</li> <li>• Provide support to peers and family members for being physically active.</li> </ul>	<ul style="list-style-type: none"> <li>• Advocate to others about how physical activity enhances personal health and wellness.</li> <li>• Advocate for increased physical activity for students and school personnel.</li> <li>• Advocate for family members to increase their physical activity.</li> <li>• Advocate for adequate facilities and time to improve physical activity programs at school.</li> <li>• Provide support to peers for being physically active.</li> </ul>	<ul style="list-style-type: none"> <li>• Advocate for increasing physical activity for youth at school.</li> <li>• Advocate with family members to increase their physical activity.</li> <li>• Advocate to community leaders for more opportunities to be physically active in the community.</li> <li>• Demonstrate strategies to influence others to become more physically active.</li> <li>• Provide support to peers for being physically active.</li> <li>• Support family and peers to manage weight in healthy ways.</li> </ul>

## Physical Activity

This concludes the health education curriculum analysis items related to physical activity. Complete the *Overall Summary Form* and use the scores and notes to inform group discussions and curriculum decisions.

**Additional Notes:**